



March 7, 2011

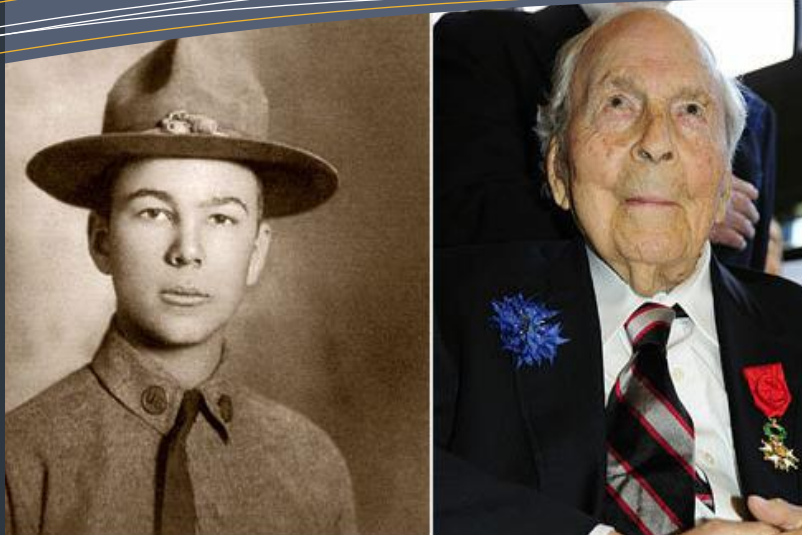
IVHInsights

Employee Services

by Kathy Bair

Many of you may not realize the importance of the leave and C.A.R. slips. The State Auditors pull payroll records and cross-check that a leave slip was completed for the amount of benefit time used or a C.A.R. slip was completed for missing punches. If you are missing punches or are in need of a leave slip, Personnel staff will be emailing you or your supervisor. If you have email access, it is very important that you check your email on a regular basis. Of course, we realize that some of you may not have time to check emails, so if in doubt please feel free to contact Personnel.

Thank you for your assistance in helping payroll run more smoothly.



Commandant's Corner

This past week saw an end of an era for the United States. Frank W. Buckles (*pictured above*), the last U.S. World War I veteran died at the age of 110. Mr. Buckles enlisted in the Army on August 14, 1917. He was 16 years old and lied about his age. He served in France as an ambulance driver. Following the war, he worked as a purser for several commercial shipping lines and eventually ended up in Manila when Japan invaded the Philippines in 1941. He spent 38 months as a civilian POW during World War II.

The Iowa Veterans Home admitted its first World War I veteran in 1920. When I arrived here some 25 years ago, we still

had a fairly large group of these veterans; however, as time went on, their numbers became smaller and smaller. It is estimated that 4.7 - 5 million Americans served during the "war to end all wars" with approximately two million seeing service overseas.

IVH served these "doughboys" until 1999, when the last World War I resident died. Nearly 80 years of service to this generation is something for IVH to be extremely proud of.

When asked the secret of his longevity, Mr. Buckles was fond of saying. "When you think you are dying, don't."

Adjutant Stan Freeborn

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R.E.A.L. Committee Italian Dinner



EMPLOYEE HEALTH

by Patti Sharp

March TB Tests

All employees with March birthdays whose last names begin with letters M through Z are required to have a TB test. The test will be administered in Employee Health on the following date and time:

Monday, 03/07/11

6:15 AM to 8:30 AM

2:00 PM to 3:15 PM

The test will be read on:

Thursday, 03/10/11

6:15 AM to 8:30 AM

2:00 PM to 3:15 PM

If you need to make other arrangements, contact Teresa Keith at ext. 4507. Testing must be completed by the end of the month.



IVH Insights is a twice-monthly publication of the Iowa Veterans Home.

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Call ext. 4397 or

send to PR/Mktg Dept.

News from Continuous Improvement *by Jim Elliott*

Household Names in the Fox and Ulery Buildings

In 2010, residents at IVH held an election to name the households in the two new buildings (Fox and Ulery). They decided to name the households after United States Presidents. The vote turned out as follows with the total votes received noted after each President:

- 1- John F. Kennedy (86)
- 2- George Washington (85)
- 3- Abraham Lincoln (81)
- 4- Theodore Roosevelt (72)
- 5- Franklin D. Roosevelt (72)
- 6- Dwight D. Eisenhower (69)
- 7- Harry S. Truman (62)
- 8- Thomas Jefferson (59)
- 9- Herbert Hoover (50)
- 10-Ulysses S. Grant (48)
- 11-Andrew Jackson (29)
- 12-Gerald Ford (26)
- 13-John Adams (24)
- 14- Lyndon B. Johnson (20)
- 14-Richard Nixon (20)
- 15-Woodrow Wilson (20)

The next step is to actually put names on each of the households. The IVH Resident Council will be addressing this process at their meeting on Wednesday, March 9 at 3 PM in the Dack Dining Room.

One suggestion is to draw names out of a hat with the first four names being used for the Fox Building and the next eight names being used for the Ulery Building. This drawing would take place at a Resident Council meeting, perhaps the one on April 13.

Records Inventory at IVH

There is a group of employees working on the development of an inventory of records at IVH using the State Records Manual. They are creating an inventory of all the documents we create here, reports, completed forms, correspondence, etc. Using the State Records manual, the group will determine what records should be kept and the length of time each type of should be kept. The group will then create a process for sorting out the records in archives and destroy those items which are past due. The final step will be to develop a process to maintain the archives and put staff in charge of keeping it up to date.



Training Department News *by Wayne Pierson*

Geriatric Grand Rounds. The new series of Geriatric Grand Rounds has started for this year. This is a series of webcasts sponsored by the University of Iowa that we can receive at IVH. The webcasts are each about one hour in length and feature a member of the U of I Medical School speaking on a given topic. The focus this year features "Falls and Fall Prevention."

We have planned for two presentations a month in Whitehill Auditorium; once in the morning from 9:00-10:00 am and the other in the afternoon from 1:00-2:00 pm.

There are arrangements for third shift to have access to the webcasts on their work hours. Each session carries CEU education credits for Nursing and CME credits for Medical personnel from the U of I. We are able to issue Social Work credits from IVH. Anyone attending will also have credits within their IVH training record.

There is a single payment of \$6.00 for the U of I credits. If you want more information please contact the Training Office at ext. 4237 for assistance.

Facilities Management Department *by Kathy Shannon*

As the calendar turns to March, many of us have our sights on warm weather, birds chirping and the end of some of the construction. While that dream is getting closer, the contractors are working like crazy to get some projects completed by June. The Dack Day Room Expansion Project (*pictured below*) is one of those projects that continues to progress well. The framing continues on the second floor, but is complete on floors 3 & 4. The mechanical and electrical rough-in continues on all floors. The sheet rock and taping is in progress on the 2nd and 3rd floors. The east windows are installed except for one panel. The artist was on site last week to begin the process of speaking with the residents to assist in the background information required for the design of the stained glass panels. Many furnishings have been chosen and ordered.



The Phase 1 Project is also continuing at a steady pace. Work is continuing at different phases in all households in the Ulery building. The ceramic tile is being installed and is scheduled to be completed by the end of March. Household 2 has been painted and the installation of casework, doors and trim is scheduled to be completed by the middle of the month.



The Fox Building (*pictured left*) also continues to progress well. A preliminary punch list inspection was conducted for Households 3 & 4. Household 1 will get flooring installed this month and the finish and trim are scheduled to be completed in Households 1 and 2 by the second week in March.

The Dietary Floor Replacement project (*pictured below right*) has begun. The Malloy LRC has already been affected. The contractor has moved the materials required for the electrical changes in to the LRC. The basement

back up dish washer is being utilized, causing an increase in traffic in the tunnel. The floor demolition has begun, which means an increase in noise. The temporary walls surrounding the construction have been completed. There is a new alarmed door separating the dining room from the construction. Please only use this door in case of emergency, as the alarm will sound when it is opened.

The lighting project in Dack to convert the lights from the old T-12 bulbs to a more energy efficient T-8 bulb has begun. Maintenance is replacing bulbs and ballasts in areas that are not frequently occupied and will work with each area to schedule the best time for lighting conversion in the occupied areas. The second floor in Dack is almost complete and the hope is that Dack will be completed by the first part of April and the Malloy building will begin in early June and be completed by the end of December.

An architect has been selected for the Power House Equipment and Ancillary Systems Project (better known as the "Boiler Project"). As soon as the contract for services is signed, design will begin.



FOOD AND NUTRITION SERVICES

by Jane Linnenbrink

Trends continue to indicate Americans are interested in improving their diets and leading more healthful lifestyles. The American Dietetic Association (ADA) reminds everyone to "Eat Right with Color," which is this year's theme of National Nutrition Month®.

Each March, ADA focuses attention on healthy eating. This year's National Nutrition Month theme encourages consumers to remember to include a colorful variety of fruits, vegetables, whole grains, lean proteins and dairy on their plates every day.

The ADA is committed to improving the nation's health by providing science-based nutrition information to consumers. National Nutrition Month offers a great opportunity to focus people's attention on the principles of a healthful diet.

The recently released 2010 *Dietary Guidelines for Americans* recommends an increased focus on a plant-based diet. This combined with including lean meats, fish & poultry, & low-fat milk & dairy products creates a rainbow of colors on the plate that serve as the foundation for a healthful eating plan.



IVH Website Calendar

Submit your event information on the IVH website calendar. It's quick and easy and the calendar is available to staff, residents, and the community. Log on to www.iowaveteranshome.org and click on "Calendar" to begin.

Upcoming Events

Day	Date	Time	Event	Location
Wed	3/9	2:00 pm	Dack 4 resident trip to Bass Pro Shop & dinner	
Thurs	3/10	8:30 am	IVH Resident trip to Boys State Basketball Tournament	
Fri	3/11	8:30 am	Franklin Elementary students visit Dack residents	
Fri	3/11	2:00 pm	Barn Dance – Music by "The Other Band"	Dack Dining Room
Fri	3/11	6:00 pm	IVH resident trip to MHS play "The Wizard of Oz"	
Sat	3/12	9:00 am	IVH resident Pepper Tournament	Malloy LRC
Tues	4/12	8am-4:30pm	"Mental Health Issues in Long Term Care and Geriatrics" Symposium	Whitehill

Announcements



The Iowa Veterans Home is now on Facebook! Become a "friend" of IVH by going to www.facebook.com/iowaveteranshome. This new communication tool will help us keep in touch with staff (past and present), residents, and friends of the IVH.

AEROBICS CLASS is held on Mondays & Wednesdays from 4:45-5:45 p.m. Cost is \$1.00 per class/\$8.00 a month/FREE for Fitness Room members. To sign up, call Diana Stonewall at X4437 or Denise Ulery at X4555.

Thank you to RN Bobbi Cross for her wonderful chicken and noodles that she made on her own time and brought in to share with the people on 3N for supper recently. Stephanie Affeldt

Charlotte Blocker will be on vacation March 14-18. Salon One will be closed during that time, but the Beauty Shop in Loftus basement will be open that week with Calleen Wieland's usual hours (9:00 am – 12:00 pm) on Wednesday, Thursday and Friday.

IVH Staff Spotlight – Pam Nablo

Pam Nablo graduated from Marshalltown High School in 1975, and began her career at the Iowa Veterans Home on August 12th of that same year as a Laundry Worker 1. On July 17, 1981 she was promoted to a Laundry Worker 2. On November 13, 1998 she left the laundry to become part of the Rehabilitation Services Department as a Canteen Operator 1 in the Gift Shop. In 2009 she became an Activities Assistant, and currently helps take craft activities to every nursing unit at the Veterans Home on a weekly basis, in addition to her duties in the Gift Shop.

Pam and her husband Gary were married in 1975. They have two children: Chad, who lives in Marshalltown and works at Fisher Controls; and Ashley, who is married, lives in Ankeny, and works for the Iowa Department of Revenue. Ashley is expecting Pam's first grandchild this April. Pam's father Robert is a resident of the Veterans Home, and he keeps a close eye on her to make sure she is working.

In her spare time, Pam enjoys rubber stamping, making cards, and shopping. She also keeps busy taking care of her dog and two cats.

